

(Breakthrough, Spring 1988)

HEMI-SYNC® IN THE DELIVERY SUITE

by Sheila Bick, S.R.N.

Sheila Bick is a State Registered Nurse and Senior Midwife at Gloucester Hospital in England. She works with mothers in both the prenatal and delivery stages.

Due to the nature of labour, my work in the Delivery Suite varies a great deal. Some days I may admit two or three women who are not established in labour and after assessing their condition simply transfer them to the Ante-Natal ward. At other times, I may be called into a room at the last minute, perhaps just to supervise a delivery. Of course, the ideal situation does happen—when I care for a woman from the early stages of labour and nurse her through to delivery.

Given these varied circumstances, I have been able to select quite a number of mothers that I thought would benefit from the use of Hemi- Sync tapes. I have used the METAMUSIC tapes *Midsummer Night* and *Sunset*. I would say they have been very helpful in all cases, and at least two of my patients have been enraptured. With one patient, I had to stop playing the tapes because her husband couldn't stay awake!

In another case, I was with a woman from 1:30 pm to 10 pm, and she found the tapes so helpful, I left them so the next midwife could continue to play them for her. She was in the second state as I left, and I anticipated an instrumental delivery as the baby seemed big. (It is very difficult to leave a patient in advanced labour, but I have to be sensible about it.) She had a forceps delivery at 1 am. When I went to see her the next day, the first thing she did was thank me for leaving the tapes.

Yesterday, I looked after a lovely lady from admission, to the Delivery Suite, to post-delivery. After I had her settled in, examined, and assessed, I made her comfortable on all fours over a bean bag. She didn't see me putting on the tape and as the sounds drifted over she said, "Oh, what beautiful music!" I played the two tapes throughout her labour, which was fairly short. I turned the tapes off for the second stage as they didn't seem to blend with the activity of delivery. She needed an episiotomy and was really dreading the suturing. I turned on *Sunset* and we took our time getting her positioned. She just lay back, completely relaxed, while I stitched her wound. I might say I felt the benefits also...

Many of our nurses would like copies—mainly for themselves or relatives who suffer from insomnia.

I will write to you again with further reports. I am completely convinced the tapes help bring about a beautiful relaxed atmosphere which can only be beneficial...

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